



Serves: 4

# Red Rice & Silken Tofu Timbale with Green Pea Puree

## Ingredients

- Dried Italian parsley, 1 tsp
- Dried bay leaf, 1 pc
- Mixed vegetables of your choice, 100g
- Water, 4 cups
- Uncooked red rice, 200g
- Silken tofu/beancurd\*, 80g
- Frozen green peas, thawed, 100g
- Healthier oil\*, 4 tsp
- Onion, diced, 40g
- Minced garlic, 1 tsp
- Lower-sodium salt\* to season, 1 tsp

## Tips:

- Refer to the cooking instructions when cooking wholegrains as they tend to require more liquid to cook.
- The recommended limit for salt consumption is not more than 1 teaspoon of salt a day.
- Tofu, legumes, peas and beans are good sources of protein and low in saturated fat.

## Method

- Boil the mixed vegetables, parsley and bay leaf in 4 cups of water.
- Strain the vegetables and set them aside. Retain the vegetable stock.
- Boil the red rice in the remaining vegetable stock until cooked.
- Mix the cooked rice with the tofu and cooked vegetables.
- Season lightly with salt and shape into 4 small timbales with a mold. Set aside.
- Boil the green peas and strain.
- Sauté some garlic and diced onion in oil, add the boiled peas and some of the pea water. Blend into a smooth puree.
- Pour the pea puree into a deep dish and place a timbale on top.
- Serve warm.

## Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 277kcal  
Protein 7.3g  
Total fat (g and % of total calories)  
8g (25.8%)  
Saturated fat 1.7g  
Cholesterol 0mg  
Carbohydrate 44.7g  
Dietary Fibre 3.2g  
Sodium 335mg



\*Choose products with the Healthier Choice Symbol.

